

Abstract

Name of work: Sport and Spirituality

Objectives of work: Look at consistency and coherence between the two at first sight different phenomenas, which are sport and spirituaity and show that these two aspects of human life may be significantly linked.

Method: This dissertation is a theoretical work. The main part of information is drawn from literature, then from our own experience. In the first part we put the necessary information base based on the study of literature, in the second part we compare different views obtained by reading, which we connect and eke out with our own thoughts and insights.

Results: Work on the mental and spiritual sphere is for sport currently. Physically, people reach the threshold, that why is needed to engage in training and overall approach to sport another aspect that moves the individual performance one step further. This aspect is currently developing mental and spiritual qualities.

Key words: spirituality, sport, philosophy, religion, buddhismus